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CONCERNING LIVER AND HOW TO USE IT

by

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Liver deserves a place in the family diet because it is a valuable food for everybody, especially for children. Experts today agree that liver is an excellent food for growing children who need to manufacture good red blood cells. When the price of calves' liver makes it a luxury, beef, pork, and lamb liver may be used. These are less expensive, and for building red blood cells are practically as valuable as calves' liver. Kidneys are said to be nearly as effective as livers for this purpose.

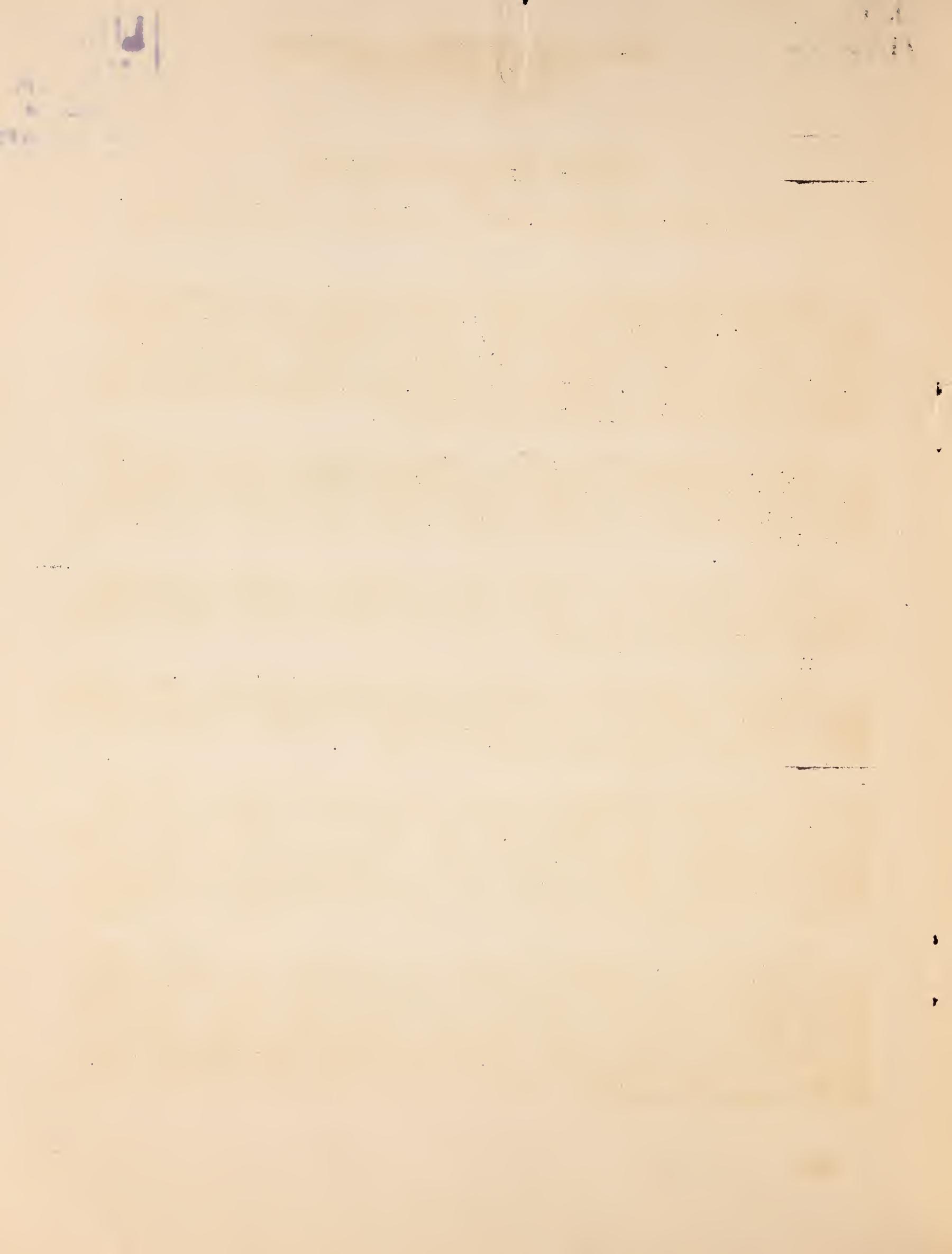
Liver and kidneys contain a large amount of iron, but this is not their only claim to distinction. Part of the remarkable value of these meats in preventing and curing some types of anemia is due to the copper they contain. Still other substances, scientists think, may also contribute to their use for this purpose.

It is a good practice to serve liver or kidneys to children frequently. Children who are anemic may need one of these meats at least as often as once a week. When chicken, duck, goose, turkey, or rabbit is on the family menu the children should have the livers.

Liver has a very delicate flavor if it is properly prepared. Many people form a prejudice against it or fail to appreciate its flavor because it has been poorly cooked. Liver may be very easily overdone by cooking it a little too long or by using a temperature slightly too high.

There are many delicious ways to prepare liver other than to sauté and broil it. These quick methods of cooking are especially desirable for lamb and calves' liver or for tender, fresh beef liver, all of which should be cooked only long enough to take away the red color. Pork or other liver with a less delicate flavor and texture, tastes better if par-broiled and then braised or baked. Made into a loaf with rice, into a salad with cucumbers and celery, or prepared as a scalloped or creamed dish, liver may be a novelty to the family.

Liver has a place in the school lunch box as well as on the family dinner table, because it makes excellent fillings for sandwiches. The recipe for a smooth sandwich spread called Rabbit Liver Paste is given below. This recipe may be adapted to the use of beef, pork, and other larger livers. Since these are too firm to mash with a fork, they must be put through a food grinder or cut finely with a chopping knife. Finely diced celery, salad dressing, chili sauce, or the other seasonings suggested in the recipe for liver paste, may be added in making this spread.



## Rabbit Liver Paste

Rabbit livers make a savory paste to use as sandwich filling or as a spread for crackers to serve with salad. Drop the livers into a small quantity of boiling water, simmer for 10 minutes, and drain. Mash the livers with a fork, remove any stringy tissues, and blend with finely chopped olives, minced onion, mayonnaise, dashes of tabasco sauce, and paprika. Chill before using.

## Broiled Liver

1-1/2 pounds liver, cut in slices $\frac{1}{4}$ inch thick	Salt
	Pepper
	Butter

Wipe the slices of liver with a damp cloth. Place the liver on a greased baking sheet or broiling rack and put it under the flame of the broiling oven. The flame should not be too high or the meat too close to it. Cook from 8 to 10 minutes, turning frequently. When done, it will have lost its red color. Sprinkle with salt and pepper, pour over it some melted butter, and serve at once.

Calf, lamb, and tender beef liver may all be cooked by this method.

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## Creamed Liver and Ham on Toast

1 pound liver	1-1/2 cups cream or rich milk
1 pound slice of ham	2 tablespoons chopped parsley

Wipe the liver and remove the skin. Grease a moderately hot skillet with a small piece of fat. Add the ham and cook slowly, turning frequently. When tender, remove the ham from the pan and grind it. In the meantime, cook the liver slowly in the ham drippings until tender. Cut into small pieces, add the ground ham, the chopped parsley and the cream or rich milk, and stir until well mixed. Serve on crisp thin toast.

## Scalloped Liver and Whole Wheat

4 slices bacon	1/2 pound liver
1 onion, sliced	2 cups cooked whole wheat
Salt	Tabasco sauce
Pepper	1/2 cup hot water
Flour	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, add more salt if needed, and a few drops of tabasco sauce. Make a layer of the wheat in a greased baking dish. Add the liver mixture and continue to alternate the layers until all the ingredients are used. Pour the water around the sides of the dish, cover, and heat about 30 minutes. Serve from the dish.



### Scalloped Liver and Rice

1 cup rice	4 slices of bacon
1/2 pound liver, sliced	1-1/2 teaspoons salt
1 onion, sliced	3 tablespoons bacon fat
1/2 cup rice water	Few drops tabasco

Wash the rice free of all surface starch and cook it in 2 quarts of lightly boiling salted water until it is soft. Drain the rice in a colander, cover it with a clean towel, and place it over hot water to steam and become flaky. Save some of the rice water. In the meantime, fry the bacon until crisp, remove it, and brown the onion in the fat. Salt and lightly flour the liver and cook it slowly in the bacon fat, after the onions are done. Cook the liver over low heat until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, and add more salt to taste and a few drops of tabasco. Mix the bacon fat with the rice and make a layer of the rice in a greased baking dish. Add the liver mixture and continue until all the ingredients are used. Pour the rice water around the sides of the dish, cover, and place the dish in the oven until thoroughly heated. Serve at once.

### Scalloped Liver and Potatoes

1 pound liver, sliced thin	2 tablespoons bacon fat
Salt	1 quart thinly sliced potatoes
Pepper	1 small onion, minced
Flour	1-1/2 cups milk.

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven (350° F.), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.

### Liver and Bacon

1/2 pound sliced bacon	Pepper
1 pound sliced liver	Flour
Salt	Parsley

Cook the bacon slowly in a skillet. As soon as it is delicately browned and crisp, drain on paper, and keep warm. Wipe the liver, and if it is hog or lamb liver scald for a few minutes in hot water. Beef and calf liver does not need scalding. Sprinkle the pieces of liver with salt and pepper, dip in flour, and cook in the bacon fat at moderate heat until the liver is lightly browned. Serve surrounded by the crisp bacon on a hot platter and garnish with parsley. If gravy is desired, reserve 2 tablespoons of the fat, add 2 tablespoons of flour, and 1-1/2 cups milk or cold water, and stir constantly until thickened. Season with salt, pepper, and a little minced onion. Serve hot with the liver and bacon.



### Liver and Rice Loaf

1/2 cup rice	1 cup chopped celery
4 cups boiling water	1/4 cup chopped parsley
1 pound sliced liver	2 tablespoons flour
2 tablespoons fat	1 cup tomatoes, canned or fresh
1 small onion, chopped fine	2 teaspoons salt

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver with salt and flour, and cook in the fat in a skillet for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, form into a loaf with the hands on parchment paper placed on a rack in an open roasting pan. Bake for about 30 minutes in a moderate oven (350° F.)

### Liver and Mushrooms en casserole

1 pound liver in slices about 1/2 inch thick	4 tablespoons butter or other fat
2 cups mushrooms, chopped	1 tablespoon chopped parsley
1/2 cup dry bread crumbs	1 teaspoon grated onion
1 cup hot water or meat stock	3/4 teaspoon salt

Wipe the liver with a damp cloth, remove the skin, and place the liver in a greased baking dish. Melt the fat and cook the parsley and onions for a few minutes and then mix in the bread crumbs, salt, and mushrooms. Stir until well mixed and spread the liver with this mixture. Rinse out the pan with the water or meat stock and pour over the ingredients in the casserole. Cover and cook in a slow oven from 45 to 60 minutes. Serve from the dish.

### Liver and Cucumber Salad

1-1/2 pounds liver, broiled and chopped	1 cup diced celery
1 cup diced cucumber	Mayonnaise

Use chilled, broiled liver cutting it into fine pieces. Mix with the other ingredients and serve on crisp lettuce.

